

## Camp Comments

Working on your skills at camp offers lots of repetition and a different perspective from outside coaches. It is always important to work hard at camp and have fun, but come with a positive attitude to become a better volleyball player.

\* **Steph Marsh**

*University of Louisville Volleyball Assistant Coach*

*University of Louisville Volleyball*

*Central DeWitt High School*

Fundamentals are the key building blocks to success in volleyball as in life. If you practice each and every skill as often as you can, you'll become a more consistent and successful player.

\* **Heather Noll**

*Buena Vista University Head Volleyball Coach*

*Coe College Volleyball*

*Indian Hill Community College Volleyball*

*Central DeWitt High School*

As a student-athlete in high school or at the collegiate level, an overall basic knowledge of volleyball fundamentals helps build confidence and prepares you for your upcoming season. As a hitter, once you are able to master proper footwork and arm swing technique, everything else falls into place.

\* **Kelsey Steffens**

*Wartburg College Volleyball*

*Central DeWitt High School*

The great thing about volleyball is when the unexpected happens; each team member has the ability to change their priority by drawing upon fundamental skills with complete confidence in order to help their teammates.

\* **Kelsi Schawl**

*Clinton Community College Volleyball*

*Central DeWitt High School*

## 2011 Camp Staff

**Greg Weller** - Camp Director

Star & Spikes Volleyball Club Director/Coach

Bettendorf High School Coaching Staff

16s Coach, USA VB Jr. National Qualifier, 2011

15s Coach, USA VB Jr. National Qualifier, 2010

3A State VB Tournament, 2000 & 2001  
3A District and Regional Championships  
SE Iowa 3A District Coach-of-the-Year  
WaMaC & Big Bend Coach-of-the-Year  
Big Bend Conference Champs

**Jill Schawl** – Staff

Maquoketa High School Head VB Coach  
Serves-U-Rite Volleyball Club Director/Coach

**Alyssa Weller** - Staff

Shelbyville Volleyball Club Coach  
Marian University  
Southeastern Community College Volleyball  
Central DeWitt High School  
Iowa All-State Academic Achievement Team  
SE Iowa 3A All-District Team  
WaMaC All-Conference  
Clinton Herald All-County Team  
DeWitt Observer All-Area Team  
15s USA VB National Qualifier, 2005

**Lyndsey Weller Hensler** – Staff

Shelbyville High School Head VB Coach  
Shelbyville Volleyball Club Director/Coach  
University of Indianapolis  
Central DeWitt High School  
3A State VB Tournament, 2000 & 2001

## **Application Form**

Name\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_

State\_\_\_\_\_ Zip\_\_\_\_\_

Grade Next Fall\_\_\_\_\_

Parent's Cell\_\_\_\_\_

## **Camp Cost**

\$40 before June 1<sup>st</sup>, \$50 at the door

Please send check and application/release form to:

### **Stars & Spikes VB Performance Camp**

Attn: Coach Jill Herrig

206 South Third Street

Bellevue, Iowa 52031

## **Release Form**

In consideration of the Application and acceptance into the Bellevue Marquette Volleyball Camp, I (we) intend to be legally bound, hereby, for my (our) daughter, heirs, executors and administrators, waive & release any and all against Stars & Spikes VB Performance Camp, Bellevue Marquette Schools or its representatives and/or assignees for any and all damages which may be sustained and suffered in connection with or entry in this camp, and which may arise out or traveling to, participating in, located on Marquette School grounds, or returning from camp.

\_\_\_\_\_  
Signature of parent or guardian

**“Fundamentals Win Championships”**

**“Players are made in  
the off-season”**

“Player either get  
better or worse-  
no one stays the same”

“You decide what you  
want to do!”

Parents are certainly welcome to stay and watch their daughters  
perform and/or video tape the action.

Our staff is dedicated to helping each individual become a better  
volleyball player.

The Stars & Spikes Volleyball Performance Camp is provided to girls  
in the area so they can work on and improve their skills in the sport of  
volleyball.

### **Camp Features**

Fundamental Skills- passing, setting, hitting, serving, digging,  
blocking, footwork training, arm swing techniques, offensive schemes,  
defensive coverage, teamwork and team related drills, communication  
skills, warm up drills, conditioning, dynamic stretching, contests, and

awards.

**Stars & Spikes  
Volleyball  
Performance  
Camp  
2011**

**June 8-9, 2011**

**@**

**Bellevue Marquette HS**

Entering Grades 9-12

1:00-5:00pm

(check-in 12:30pm)